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COMMENTAR

Evidence indicates that the training-induced increase in fat oxidation is primarily due to increased oxidation of nonplasma-derived fatty acids. Fat oxidation in high-intensity

exercise is lower than in moderate-intensity exercise because of decreased fatty acid delivery to exercising muscles. High carbohydrate diet during high-intensity exercise increases fat oxidation. This is a good-quality, newly approached and original study conducted on triathlon athletes and cyclists of high competitive level. The authors have meticulously designed a cross-sectional study to measure the rate of fat oxidation of endurance athletes. The claims in the study are technically well supported. A new concept of measuring the rate of fat oxidation at relative work intensities by indirect calorimetry and using stoichiometric equations has been devised, which has been used previously in only a few studies. Significant results have been drawn from the study. This study needs to be designed further as a longitudinal one with a large population, including various other aspects such as longer duration of the study, training schedule, dietary pattern of the athletes and hormonal effects. If the results obtained are significant, it should be a useful tool for researchers world wide in the field of sports medicine.

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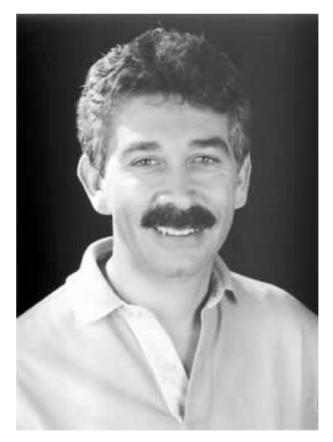


Figure 1 Francisco Arroyo.